

Telephonic Wellness Life Coaching

Wellness Life Coaching is the latest innovation that responds to the ever growing need we face to increase our personal, relationship, spiritual and professional life satisfaction level. It addresses one's need to create a meaningful, purposeful and fulfilling life and supports the individual as they take more from personal vision into action.

Wellness Life Coaching is an effective and easily accessed personal development approach. The telephonic session model offers the user a solution which minimizes life and time constraints. Coaching can be conveniently included in one's schedule during work or personal hours. Telephonic Wellness Life Coaching provides a safe and confidential personal exploration process focused on results and change.

Types of Challenges Life Coaching Can Address:

- Career management
- Wellness
- Work/life balance
- Life planning and goal setting
- Relationships
- Parenting and family challenges
- Personal purpose
- Personal transition

Type of coaches used: Associate Certified Coaches (ACC) or Professional Certified Coach (PCC) who have graduated from ICF approved programs (ATCP) and Certified Career Management Coaches CCMC.

Duration of sessions: 50 minutes, for up to 6 sessions.

